

Integrating Diabetes Primary Prevention into WISEWOMAN: An Example from Michigan (Oral Presentation)

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Objective: To determine the feasibility of integrating diabetes primary prevention activities into an existing chronic disease program.

Setting: WISEWOMAN program in Michigan.

Methods: A diabetes primary prevention pilot project was started at Lenawee County Health Department (LCHD) WISEWOMAN program in 2006. Glucose testing was done to identify those women at risk who were either undiagnosed with diabetes or prediabetes, and to target education to those identified with prediabetes. All LCHD WISEWOMAN participants completed a risk assessment and random glucose testing; those with out-of-range results received a fasting blood glucose test. Those identified with out-of-range tests were invited to participate in a 5 week curriculum to prevent/delay of the onset of diabetes. Due to the success of the pilot project, diabetes primary prevention activities were phased to all WISEWOMAN programs, with all participating by March 1, 2008.

Results: The pilot enrolled participants from October 1, 2006-February 29, 2008; 225 received a fasting blood glucose test; 62 had glucose values in the pre-diabetes range and 15 previously undiagnosed women had values in the diabetes range. Since October 1, 2007, 1,873 WISEWOMAN participants received screening blood glucose tests; 136 had glucose values in the pre-diabetes range, and 80 previously undiagnosed women had values in the diabetes range.

Conclusion: Integration of two chronic disease programs is possible at the state level, and can be translated to the local level by using data to define need and by establishing measurable objectives.